

Billies

MOLL

Mark wants to Take the Brits

TAKE That are hoping for an invite to perform at the Brits to cement their massive comeback.

Mark Owen, 34, told me: "There's always a pop slot isn't there so we'd definitely like to fill it. I've been going to the Brits party for the past couple of years but it would be nice

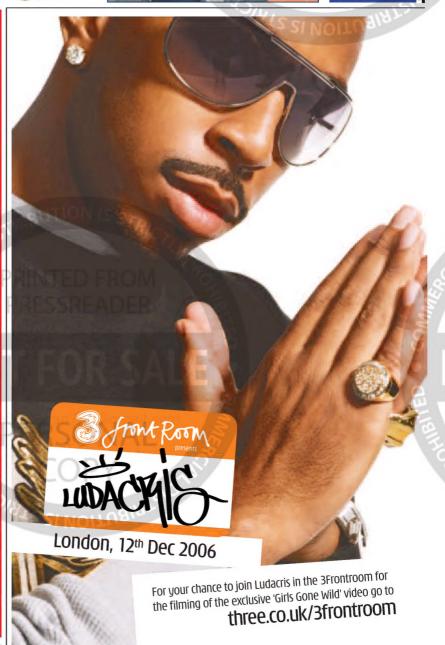
to be legitimately invit-ed." Take That are set to stay at the top of the sin-gle and albums charts this weekend. And Shine has a Top 20 placing on downloads alone. I told you on Monday the tune, on which Mark takes lead vocals, would be the follow-up to Patience.



Mummy boy Gaz



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"And to think that in six or seven years' time I could be suffering from heart problems, diabetes, problems with my joints. I could even be in a wheelchair.

"But I've also been

lucky not to have developed really high blood pressure.
"That's not the life I want to lead. I am a motivated person and I am determined to make some positive changes.
"I want to hold my head up high, walk down the street and turn heads because I look good, not because I'm overweight."
It will be two years before Colin gets down to his target weight of 17 stone.





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STARNEWS

HER FINALLY COMES OUT ON TOP IN INTERNET SEARCH SURV

■ by MARTIN BOYD

topped the males list.

males list.
Supermodel Kate
Moss, 32, made
No 10, but it seems
people weren't that
interested in her
junkie lover Pete
Doherty, 27.

Spoof

Crocodile Hunter Steve Irwin's death put him sixth in the Yahoo

list.
Spoof Kazakhstan TV
reporter Borat also
made it, along with The
Ordinary Boys at No4.
That's because the
band's singer Preston,
24, married Celebrity Big
Brother winner Chantelle Houghton, 23, who
was second on the female
celebs list

was second on the female celebs list.
But the survey also shows which of this year's events interested Yahoo! punters.
They were: England crashing out of the World Cup, Big Brother and the Notting Hill Carnival.
Yahoo! also revealed the most popular search

Yahool also revealed the most popular search worldwide was Britney Spears, 25, for the fifth time in six years.

A spokesman said: "The nation has reached the height of its obsession with celebs.
"In a year that saw

with celebs.
"In a year that saw
Saddam sentenced to death

and controversy over UK troops in Iraq, it is celebs, not world events that dominate the Top 10."

news@dailystar.co.uk

HEATHER McCartney has scored a victory over her soon-to-be ex-husband by topping a

"most searched" internet poll. Search engine Yahoo! released details showing the 10 most popular subjects

CELEB FEMALES

- Heather Mills McCartney Chantelle

- Houghton
 Teri Hatcher
 Keira Knightley
 Rebecca Loos
 Paris Hilton
 Cheryl Tweedy

- Katie Holmes
- Jessica Simpson Kate Moss

CELEB MALES

- Pete Burns Dennis Rodman Richard

- Hammond David Blaine Pete Bennett Paul McCartney
- Tom Cruise Justin
- Timberlake
- Johnny Depp Robbie Williams

NEWS

- Steve Irwin Muslim Cartoons Local Elections
- **Paul Hunter dies**

- Paul Hunter dies Richard Hammond crash Budget 2006 Amish shooting McCartney divorce
- Bird Flu
 1901 census

MUSIC

- The Ordinary Boys
- Lordi D12 Scissor Sisters

- Amy Winehouse Lily Allen Kanye West Charlotte Church Take That
- Justin Timberlake

MOVIES

- Borat
 Superi
- Superman Returns
- Snakes on a Plane
- Pirates of the Caribbean 2 X-Men 3
- Chicken Little
- Da Vinci Code Ice Age 2 MI:3

- Spiderman 3

TELLY

- Big Brother
- Dancing on Ice Celebrity Fit Club Soapstar Superstar Celeb X Factor
- 60 Minute
- Makeover Soccer Aid
- Test the Nation Most Haunted Only Fools and Horses

SPORT

- World Cup Commonwealth Games Zidane

- Ryder Cup Wimbledon London Marathon Tour De France Real Madrid
- Cristiano
- Ronaldo Wembley

BIZARRE

TOP: Heather Mills McCartney was No1 web search

- Essex

- **Duck Bridge**

- Doomsday Book Phobias Orgasmatron

- Sheilas Wheels Wedding Magician Pokemon Crater Heelys

- Danby Tow Vehicle
- Chicken Breeders

VIDEO

- Skeleton Man

- Skeleton Man
 Street Performer
 Incredible
 Fishing Video
 Kids Dancing
 Kitty in a Bottle
 Be Yourself
 Trunk Monkey
 Rase Jumping

- Base Jumping Dogs Ridin' Dirty The Bin Shot Marbles Blender



RUBBER-NECKERS: Pete's a hit

<u>YAHOO!</u> TOP TEN INTERNET SEARCHES 2006 Heather Mills McCartney Pete Burns Big Brother The Ordinary Boys World Cup Steve Irwin Borat



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Notting Hil
 Zidane
 Kate Moss

Notting Hill Carnival

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Card No				-
Issue No	Valid from	Expires		-
		Date of birth		

ENS SHOV

sensational one-night reunion to back their favourite charity.

The babes got together again to support jailed Liverpool fan Michael Shields. And the gig sparked rumours that they are set to make a permanent comeback

Wink

Natasha Hamilton, 24, Liz McClarnon, 25, and Jenny Frost, 28, were in superb form as they stole the show at the Liverpool Empire. The Kittens teamed up with Peter Hooton, 44, from 80s band The Farm to

■ by JASON GREEN

sing a rousing rendition of his hit song All Together Now. "The girls were absolutely fantastic," said one delighted fan, Nicky Green, 28. "Natasha winked at the audience and smiled as if she knew something we didn't." Other celebs backing the cause included Gloria Gaynor, 57, Royle Family star Ricky Tomlinson, 67, and X Pactor band Eton Road. The gig boosted a campaign to free Shields, 20, who was returned to the UK from Bulgaria last month to complete a 10-year sentence for the attempted murder of a barman.



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X-Series

TEXT DSTAR





How the hell have Pants & Dreck got a TV deal for 30m? They are absolute rubbish. I wouldnt pay them 530, much less £30m. Brian, Aberystwyth

HOW PATHETIC THAT UNFUNNY ANT AND DEC ARE TO GET
A30 MILL DEAL I WOULDNT PAY EM
50p A WEEK. DAVE HALL STAFFS

imagine how more popular ryseal!

imagine how more popular russell brand wud b if he was actually entertaining? FENNY DA LOFTER
Happy christmas everybody. Regardless ov colour, race, religion, sex or whatever. in the words of the great man himself: "make love, not war". codhead
Re: Bamming XMAS.
E N O U G H
POLITICAL CORRECT
THOUGHT CONTROL!
Rob Stephens

Rob Stephens
To c of e karen: You say religion promotes peace? Name a bigger killer in the world than religion. m in hudds

in hudds

C of E Karen religion is the biggest cause ov war on the planet. barnsleyphil

To C of E Karen:
when has religion ever promoted peace? It's the biggest cause of wars and terrorism the world's eva known! get real u twonk! The Charmer

has anyone else got a thing for pet rabbits like me? craig price

widnes

If i got rabbits tattooed on my head, from a distance do u think they would look like hares? MORLEY

anvone else agree with me does anyone else agree with mo that line dancin is not only for ole women? JOHN EDGE SNR WIDNES

Will all u widnes wallys stop txting in such rubbish?! pete ov runcorn Apple pips contain cyanide.
Healthy cells can cope while tumor cells cant & die. Got or want 2 prynt cancer? EAT APPLE PIPS. DOC

MARTIN MARTIN

2 saucy sue. Read the signs and
dont put on ur lippie and u wont
get clamped. Rich clamper. Wilmslow EVERYONE'S BORN RIGHT-HANDED. ONLY THE INTELLI-GENT OVERCOME IT. LEFT HANDER

hander
how much longa this gov gonna
keep fleecing brit public? uk gone
dogs. el tel

2 dogs. el tel

public houses should cut the price
of the beer at xmas time for their
locals, to show appreciation for their
loyalty to the landlord! BUNNER THE
FORD

mystified: theme tune 2 brush strokes was because of you by

mystries.

strokes was because or you by's ghnwg
y's ghnwg
Why don't taxi firms start a
points system leading up to
christmas? for every
taxi u take u get 1 point.
Get 10 points get a free
taxi r ide. JOHN
HOLIAN

A Million love

A Million love songs later... and they're still CRAP! VAMPIRELLA

VAMPIRELLA

Tobbie: we all want

uback in take that,
mate. please think
about it, FOR OUR
SAKES! HODDY
HALEBANK

2 SANDRA: GET A
LIFE! ROBBIE IS
GOD. BARLOW A KNOB X. MINTY
sandra:

Robbia

sandra: Robbie is a natural entertainer. gary

is a natural entertainer gary sucks! BARRY reply to L SWAIN: i Agree – please come back robbie, we all love you!

P.E. I HONESTLY BELIEVE POLITI-CIANS DESERVE A BIG PAY RISE. I ALSO BELIEVE IN THE LOCH NESS MONSTER, LIFE ON MARS AND MY TEAM SPURS WINNING THE LEAGUE! SCUTCH

LEAGUE SOUTCH
ENGLAND DISGRACE, AUSSIES
LAFFIN SO MUCH THEIR
KNICKERS WILL NEVER DRY!!
STILLSMOKIN

Wot a sexy minx Fergie from black-eyed peas looked in her school uniform. Can I help her with her beneutes! A Lythern

homework? A, Lytham

Ban fireworks. More deaths, they just cause misery – us and animals, Steve



◆ WE pay £5 for jokes printed (not texts). Write to: You're Havin' A Laugh, Daily Star, 10 Lower Thames Street, London EC3R 6EN

AN old couple are watching telly on Boxing Day. The husband looks at his wife and says: "Whatever happened to our sexu-al relations?"

His wife says: "I don't know.
They didn't even send us a card
this Christmas."

JOHN PARK.

JOHN PARK,
Motherwell.

A MAN asks his wife what she'd like for Christmas. She replies: "A divorce."
He says: "I wasn't thinking of spending that much."
D. PERKINS,
Thatcham, Berks.
I WENT to the DVD hire shop and asked: "Can I take out The Elephant Man?" The bloke said: "I don't think so – he's not your type."

"I don't think of type."
So I asked: "How about Batman Forever?" The man said: "No, you'll have to bring it back tomorrow." RICHARD HORNE,

Mirfield West Yorks

Text DSJOKE (space) name and joke to 82100.

n and laugh as your mate is wo 0905 235 8158 Calls cost £1 per n

15 (2 /Δ

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£10 LETTER

WHY all the fuss over Muslims demanding Sharia law here, including stonings (Daily Star, November 30)?

I'd like to point out that the teenagers in my village have been getting stoned for years.

We residents are quite used to it by now. by now.

COLIN W. WESTON.

COLIN W. WESTON,
Bamber Bridge, Lancs.

I ITHINK we should bring in a
law that all those who commit
adultery be stoned to death.

This would have one great benefit—the House of Commons would
be decimated overnight. That
might teach them a few morals.

TREVOR BISHOP,
Kilpeck, Hereford.

HOW difficult it must be for
the people whose countries
we invade to understand the concept of democracy. UK-style.

After all, the English soldiers
sent to risk their lives in the name
of democracy come from a country that doesn't even have its own
parliament!

Mrs B. JAMES,

Mrs B. JAMES, Partington, Manchester.

APPEAL

WE want YOU to star in our Forum page. Send us mobile pics ere, and ne – to 07786



Now text

DSTAR to:

How long dya think kate moss wud last in a jungle? As Dexy's said "Come on Myleene". WHAT A TRUE BABE! gaz@scouseland
Matt king of jungle my arse! Still as useless as he was in Busted. Real winner Myleene. Pure Klass. Jay congrats to matt on being king of the jungle. knew he was a tiger! bobby wilson Jason donovan brill in jungle. Genuine and a nice guy. Liz

2 SWAZZA: WHERE DO
ALL U STEEL WORKING.
RUGBY PLAYING ADONISES
HANG OUT? COZ JUST LOAD
OV COUCH POTATOES NEAR
ME. SAUCY SUE
Michelle Heaton and Andy
Scott-Lee, pse go, ur 15
mins of fame r up. F Runcorn
PAY PER MILE? WOT A
JOLLY JAPE! AND I
THOUGHT FAT BOY
PRESCOTT LEFT TRANSPORT DEPT YRS AGO AFTA
MASSIVE SUCCESS. STEVE

to all u men who watch x factor: u should b down the pub u jessies. SOUTH LONDON SUE

what are u talking about june and kenny? x factor is a talent contest! leona is not an

a talent contest! leona is not an impersonator but a talented singer: leona's 1 fan

Yeh codhead, i agree.
manilow lukd awful. SAM

20 YEARS ON FROM

CHERNOBYL AND STILL

NO SUPERHEROES. SOUPA

SOUP

FOR legal reasons, we are unable to respond to text messages. If you have a query that needs a reply, write to: Daily Star, 10 Lower Thames St, London EC3R 6EN.

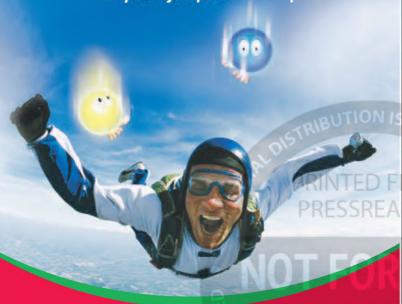
Nuisance? Vic is allowed only 300 bulbs on his house





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MILLIONAIRE'S Christmas lights are dimmer this year – by

dimmer this year – by order of a judge. Vic Moszczynski was told to cut his dazzling 22,000-bulb display to just 300. The court order came after neighbours complained. But at least Vic, 50, has added a snow machine to his garden show. Thousands of people visit his home in posh Sonning-on-

■ by NEIL HYDE

Thames, Berks, each year to watch the display.
But last night a notice read:
"Sorry there are only a few lights this year but this is all I'm allowed by the court."
Last year the lights raised £55,000 for Daisy's Dream, a charity for bereaved children.
A friend said: "It's such a shame he can't go to the same extent this year."



DIM VIEW: Vic





DEAL OF THE DAY

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STARTY CHAT

All the latest telly gossip



Bert's grand shock

HEARTBROKEN Bert
Atkinson will come face
to face with his longlost grandson after his
wife's funeral.

The cocky northerner
struggles to come to
terms with the
revelation that his
daughter is dead and he
has a grandson.
Bert's wife Evie (Marji
Campi, 59) dropped the
family bombshell on her
death bed and made him
promise to contact the
lad after she had died.

Gang

An insider said: "Bert thinks Jay is better off without him and decides not to go to the funeral."
But Pat (Pam St Clement, 64) persuades him to go. And outside the church after the service he finds himself faced with young Jay.
Bert (Dave Hill, 63) is stunned and pretends to be from the hospice where his wife died. An insider said: "We've seen Bert as the lazy ex-con and now we may well see him as a caring family man."

Nosey **Norris** nicked

CORONATION ST

CORRIE busybody Norris Cole lands in Norris Cole lands in hot water when he sets a trap to snare the kid who has been spraypainting the Street.

The curtain twitcher plans a stakeout to try and catch the hooded graffiti artist in the act.

graffiti artist in the act.

Norris – played by
Malcolm Hebden, 66 – is shocked to discover the young lad is
Michelle's son Ryan
(Ben Thompson, 16).

But when the police show up, Ryan claims he's been kidnapped – and Norris, who hasn't a shred of evidence, is the one who finds himself under arrest.

An insider revealed:
"It all ends badly for Norris as he ends up getting thrown into the back of the police van and facing charges of holding a child against his will."



y Gray is outed by gang of

SUAVE solicitor Grayson Sinclair runs into trouble when he's battered by a gang as he's SUAVE solicitor caught cruising for gay

The married lawyer, played by Christopher Villiers, 48, is exposed as a closet gay when he's the victim of a late-night homophobic attack. Barman Paul Lambert, who thought he was the only gay in the village, is stumned to discover the battered and bloody victim after stumbling across him in a park. An Emmerdale spokesman said: "Grayson becomes the victim of a homophobic attack while he's cruising for men. His secret is exposed when Paul

EMMERDALE

innocently stumbles across the altercation and hears some youths attacking a man. He comes to the rescue and discovers the victim is the solicitor."

Stranger

Grayson gets into trouble when he heads to the park during the night in the hope of having sex with a male stranger. But his pervy plan backfires when he's

confronted by a gang of gay-bashing thugs who give him a good hiding. Paul takes him to a nearby bar to help tend to his cuts. But Grayson hits the roof when he realises they're in a gay bar. He admits his wife Perdy (Georgia Slowe, 40) knows about his sexuality and says they have an arrangement.

And he convinces Paul (Matthew Bose, 29) not to reveal his secret.

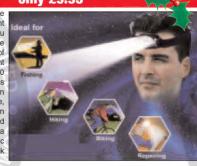
The solicitor comes up with a story to keep Perdy in the dark about the assault. Christopher says: "Grayson tells her he was mugged for his mobile but she finds the phone and realises the truth.

"She's scared this would happen again as she's caught him out before."





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SARAH HARDING EXCI









saran wears Nouveau plunge bra, £25, and thong, £12.

On Page One, she wears Paris plunge bra. £25, and thong, £12.

Ultimo is available from Debenhams and online at www.ultimo.co.uk or call 0845 130 3232 ● For an interview with Sarah see OK!, out now.

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ENOUGH Back Page

KILLER THRILLER: Get perfect pins for the New Year with the help of the new DVD, below

WE TRY EXERCISE REGIME FOR WELL-HEELED GIRLS



feet

daughter Fran.

It's released on Boxing Day, so you can be well and truly ready for the New Year's Eve party. But if you



BEST FOOT FORWARD: Ann Crowther





ALREADY being sucked into the Christmas party whirlwind? Can't see your way out until you've doubled your body weight? Panic not.

The festive season doesn't have to turn you into a boozy blob. LINDA HARRISON asks top nutritionist Dr Carrie Ruxton and fitness expert Joanna Hall to address four typical problems



Stick to the gin

HELP! I'm drinking more than Lindsay, Paris and Britney put together. No sooner has one party finished than I'm off to the next. I can't remember the last time I had a day off the booze.

ACCORDING to nutritionist Carrie, ACCORDING to nutritionist Carrione of the worst things for your body at this time of year is going overboard with the wine and beer "There are so many temptations around at this time of year – and alcohol is one of the worst," she says

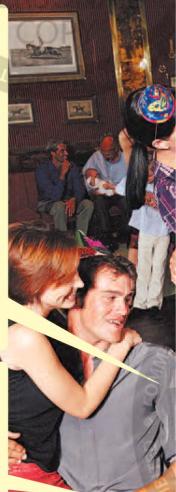
around at this time of year—and alcohol is one of the worst," she says.

"Not only does it contain loads of calories and make you hungrier on the night but it makes you crave fatty, sugary foods the next day.

"The best thing to do is stick to spirits such as gin or vodka, with a non-sugary mixer, or have a white wine spritzer. Your waistline will thank you for it in January. And your head will thank you tomorrow if you have a soft drink between the booze to balance things out."

If, like Ms Spears, you really can't help partying don't burn out. Keep some Milk Thisties supplements handy because they'll help your liver to repair itself.

And invest in a decent hangover cure like Hairy Lemon, £4.95 for ten. They'll pep you up in no time!



A to Zzz of sleep

l'VE had so many late nights recently, I feel like I haven't slept properly for ages. When I do finally manage to fall into bed, I usually pass out in a drunken stupor.

pass out in a drunken stupor.

IT'S important to get as much proper rest as possible at this time of year – feeling tired all the time means you're low on the sleep hormone melatonin.

Dr Carrie's top tip? Have a couple of nights a week off the sauce to give your body a rest.

"Even if you get the full eight hours, when you go to bed drunk you don't sleep properly because your liver's working overtime to try to clear the toxins out of your body," she says.

"You need at least a couple of alcohol-free days where you go to bed in a relaxed state."

Before bed, try a natural sleep-inducer like camomile tea or relax with a warm, milky drink.

inducer like camomile tea or relax with a warm, milky drink. Your skin will suffer if you don't get enough sleep, too.

Keep it looking in top condition with a super-rich night cream like No 7 Uplifting Night Cream, £16.50, or some morning-after miracles like Benefit's Depuffing Action Eye

Gel, £19.50. No one will ever know!

How to co

BURNING the candle at both ends? Stock up on these miracle beauty products and your boss will be none the wiser...

BARBARA DALY FOR TESCO

BARBARA DALY FOR TESCO
FACE LIFT – Just over a fiver but
works as well as posh products. It might
even be better. Use instead of moisturiser. Makes skin look so good you
don't even need foundation.
16 from Tesco.

OLAY REGENERIST EYE-LIFTING SERUM – Eyes are the first place to



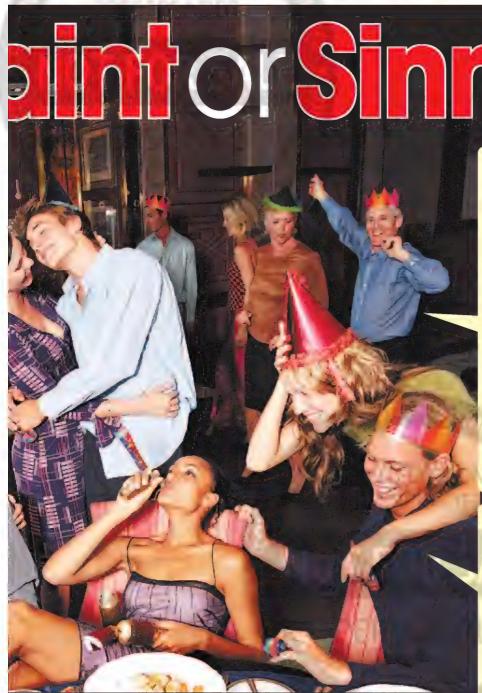
WINNERS! BRITAIN'S LOWEST PRICED SUPERMARKET AWARD FOR THE 9TH YEAR RUNNING

ce: The Grocer 33 Pricing Survey 2005/2006 www.t

Subject to availability. Some products available in selected sto Prices correct at the time of going to print. While stocks las

MATHONISM

THE BIG CHRISTMAS PARTY PIG-OUT



over up that after-party look

show your big night out. This is like an eye-tuck in a jar – it lifts and firms your eye area, reduces puffiness and hides your dark circles.
£19.50 from Boots and Superdrug.
BENEFIT BENETINT The best blush in the world. Draw three stripes over your cheeks and swirl in with fingertips. It looks like a real flush and makes the whites of your eyes whiter. £22.50 – www.benefitcosmetics.co.uk
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hiding dark circles. £22 – for stockists call 01444 255 700

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553 – www.escentual.com

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face in one minute flat. Forget looking like you've had a good night's sleep. With this you'll look like you've been resting for years. But it only lasts a few

hours. £65, for stockists call 0208 740 2085 £65, for stockists call 0208 740 2085
CLARINS TRUE COMFORT LIGHT
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stuff is like putting on new skin. Hides
zits and redness but doesn't cake to
skin, even if booze is still coming out
your pores. And professional make-up
artists swear by it.
£20 - www.uk.clarins.com

Food for thought

I'M constantly snacking on party nibbles and picking at junk food because I'm rushing straight out after work. At this rate I'm not even going to be able to fit into Santa's trousers.

CARRIE says the best preparation for partying is... yep, you guessed it - eating properly before you get

She says: "Too many of us go straight out from work so we're starving by the time we get to the

starving by the time we get to the party.

"Try having a slice of toast or some cereal before leaving the office because this will take the edge off your appetite.
"And have a couple of days break where you can really look after yourself and eat healthilly.
"Get your five portions of fruit and veg a day and drink plenty of water."
Can't get your hands on some

water."

Can't get your hands on some tucker? Try a glass of milk instead. It's easy to keep in the office and it'll help prepare your body for those Christmas cocktails.

"Milk is an excellent source of calcium and protein," says fitness guru Joanna. "It also hydrates you and lines your stomach."

Walking miracle

I'VE given up on the gym, I haven't been for weeks. I just can't find the time as I'm too busy Christmas shopping and keeping up with the work parties.

snopping and xeeping up with the work parties.

FITNESS expert Joanna Hall advises not to worry foo much about the gym at this time of year.

She says: "Don't worry if you can't get down the gym. You can keep the Christmas bulge at bay by incorporating exercise such as walking into your daily routine.

"But you need to walk at the right speed – don't just amble round the shops, make sure you're really working those muscles.

"To find your pace, get your trainers on and start walking. Once you get warm, keep increasing your pace every 30 seconds – swinging your arms until you're just about breaking into a Jog.

"This is called your break point. You need to walk at a pace that's a bit slower than this to burn fat. A good indicator that it's working is fyou're slightly out of breath. Do that for 10 minutes once or twice every day to keep fitness levels up.

"You could also try investing in a pedometer to see how many steps you're taking a day. Aim for 7,500."

Check out www,foannahall.com or www.freelancedietician.org

ost from £19.99. www.joystick-s.com or call 020





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want to help you solve your problems.

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panel on the right and see how you can contact

them now.
Here they
answer the latest batch of readers' queries... DR CHRIS STEELE Health expert

One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morring for eight years, plus on the radio. See www.the tamilyGP.com FRANCES FURLONG Beauty

A nurse for eight years, Frances, 29, was a sister in laser retractive surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.cityskinklinic.co.uk

Sexercise of

the week

GARETH EDWARDS Nutrition expert

ber of the British Association of Nutritional Therapists,
Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR Sex expert

for her appearances on Five's Trisha Show, our sexy prof, 30, is a teacher of tantric teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasure-professor.com HARVEY WALDEN

A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fattles fit on Celebrity Fit Club and a US version. www.harvey walden.com

RON BRACEY Mind expert

a char-tered clinical clinical psychologist who has more than 20 years' experi-ence in both the public and private sectors. www.urban psychologist.com

Q I GET nasty out-breaks of acne from time to time.
They have left my skin a little uneven and, in the worst affected areas, pitted. Are there any treatments?
MATT BRIGGS,

Hounslow

FRANCES SAYS: Firstly, a thorough

assessment by an experienced practitioner is essential. Antibiotics may be prescribed to help boost the effects of the treatments boost the effects of the treatments. Glycolic and TCA peels and Retin-A are all possible options. The right one for you will depend on your skin type, lifestyle, bud-get and how old the scarring is get and . scarring is.

To contact our experts, text DSHEALTH fol cost), e-mail health@dailystar.co.uk or writ llowed by your name and question to 82100 (texts cost 25p plus your normal mobile operator te to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R SEN

Got to hand it to her

My wife and I have been together for five years, married for three, with a little girl of two. We used to have a funtastic sex life but since we got married it seems to have gone downhill and now it's virtually non-existent as she's either "too tired" or "too stressed". To top it off, she's just told me I'm selfish in bed KEVIN,

Tyne & Wear.



SOR SAYS:
Are you being self-ish? Ask her how you can be more giving in bed. Make the effort by cooking a light meal, lighting candles, have soft music on.
Conversation should be about the sex you used to have. Get her to recall it in detail.
As you see her reliving it, anchor this memory by a simple squeeze of her hand for five seconds and do this with four or five hot memories. Trigger the anchor by squeezing her hand. Watch her go into a sexy passionate state, and have sex spontaneously there and then. Build up the anchor further by squeezing her hand for another by squeezing her hand for another five seconds when she orgasms, then fire it at will!

SIDE BEND

HOW TO DO IT: You'll need a pair of light weights or filled water bottles. Take one in each hand. Standing upright with your feet together, arms outstretched, bend to the side from the waist. Bend as far as you can go, keeping your arms straight, hold for a couple of seconds, then return to upright. Repeat on the other side. Do 10 on each side, rest and repeat for two more sets. HOW TO DO IT: You'll

HOW IT WORKS: Keep How IT WORKS: Keep these stretches up and you'll have a toned, pinched in waist in no time. You should be able to feel your abs working as you bend, and that hold will really get them going. Using weights in each hand adds to the intensity. The oblique – or side – muscles are often proched and your sit ups neglected and even sit-ups won't do much. In the bedroom you'll benefit from increased flexibility and you'll look sexier, too!



MY body just seems to crave junk food. Whatever good intentions I start the day off with, come lunch or dinner time all I want is a big pie with a pile of chips, a curry or a pizza. My eating habits are taking a toll on my waistline but I don't seem able to help myself. Is there anything I can do?

JACK STEIN, Motherwell.

GARETH SAYS: What are you having for breakfast?
Most of the regular choices can leave your body
yelling for junk later in the day.
Orange juice, coffee, black tea, jam, honey, white
bread, bagels, processed cereals, with added sugar, or
bacon and sausages all feed micro-organisms that then
yell out for starchy processed "filling" junk. Drink mineral water to
quench your thirst

quench your thirst and avoid OJ, tea or coffee. Make a muesli with

Make a muesh with a few grains, a sliced apple, pear or berries, some seeds and a spoonful of organic yoghurt. If you need a hot drink try herbal

teas.

If you have a pizza, order a salad with it. If you have a curry focus on the vegetable dishes rather than the meat, and have rice rather than naan.

MY 15-year-old daughter has admit-ted taking the morning after pill. I'm worried about the long-term health risk for her.

N CLARKE,
South Shields.

A STUDY from Johns Hopkins
University in Chicago has found a small
amount of dark chocolate a day can thin th
blood and cut the risk of clots in a similar
way to aspirin. But they say a
SMALL amount!

AND THOUSAND

Size eight's still not great RON SAYS: Why RON SAYS: Why

I AM 5ft 6ins and in the last year have managed to go from a size 12 to a size eight, but I still think I look fat. My friends and family say I am developing a problem. CASSIE,

Headingley

is so much of your self-esteem tied up with body image? Let others be the judge of when you look your best and listen to them.

HARVEY SAYS: You have to be kidding. If you are trying to lose weight, you have to burn more calories than you take in. Eating pasta and rice sounds like you are putting in way too get the cardio in four or five times a week and change it up every so often to hit the body with something new. Watch the heart rate to ensure you are not just going through the motions.

I STARTED a diet about a month ago and I have

been doing about six miles on an exercise bike times a week. I am not losing any weight. I am g pasta and rice and any meat I have is grilled. e bike enough for me to lose the weight?

gh for me to lose the weight?
DAVID McCLEARY, Birmingham.

AN Australian study has found that eating at least three portions of leafy green vegetables – like cabbage or lettuce – a week can reduce the risk of skin cancer by 55%.



SAYS: The

SAYS: The morning after pill (Levonelle) should be used only as emergency after-sex contraception. There can be side effects. She can get confidential advice at the Family Planning Clinic.

station is e

JSIVE: POP BABE TELLS OF LUST FOR HER HOT

POP babe Sarah Harding confesses she'd snog Christina Aguilera – if it wasn't for Starman Joe Mott. Girls Aloud's blonde cutie last night spoke for the first time about her growing "lust" for

ALTHON IS SE

the Hot editor.

for the first time about her growing "lust" for the Hot editor.

And she slammed the mean-minded people trying to ruin her new-found happiness by spreading false rumours about her.

Loved-up Sarah admits that she fell hook, line and sinker for our Joe – even though he once cheekily accused her of being a lesbian.

Speaking exclusively to the Daily Star Sarah confirms he's the only man for her. She angrily dismisses claims she'd been partying with another fella while our Joe was on holiday.

And she describes pictures of TV presenter pal Alex Zane, 27, leaving her house early the next day as "sad" and "not what they seem".

Sarah is guited that she'll be thousands of miles away in New York over New Year and won't be able to see in 2007 snogging her fella.

Booked

To make matters worse, romantic Joe had even sorted out tickets to see her own idol Christina, right. Speaking at her first appearance as the new face of Ultimo at Debenhams in London's Oxford Street, Sarah says: "I am spending New Year with my girifriends in New York.
"It was booked ages ago and now I'm gutted because for the first time in years I've got a boyfriend and I won't be able to kiss him at midnight.
"I knew nothing about

boyrriend and I won't be able to kiss him at midnight.

"I knew nothing about those pictures of me and Alex Zane. If someone is sad enough to stay outside my house until 7am then they haven't got a life.

"As soon as they see someone has a bit of happiness they try to ruin it. It's really early days with Joe and it doesn't help when pictures like these are taken."

Sarah adds: "I don't need to buy him anything for Christmas. He's got me!

"I'm not as bad as people think. It would be a very dull world if everyone sat at home every night drinking tea.

"I do like to do other things as well as go out. I like to go to the gym or to an art exhibition sometimes — it's just people don't take pictures of that."

Sarah laughs when she recalls how she first crossed swords with 29-year-old pop

matter than

By NIGEL PAULEY & KATE JACKSON

writer Joe. She tells OK' magazine: "He said I must be gay because I have gay cats, hang out with dodgy men and never have a proper boyfriend! Just laughed."
But, just for Joe's benefit, she claims if she was to enjoy a lezza snog she'd enjoy tickling pop sleaze queen La Aquilera's tonsils.

She says: "She's a feisty momma! She's like me. She's vory open and can apprectate the female body. She's at ease with her sexuality and I'm comfortable with mine."

Sarah had known doe for years, but finally made the first move during a tipsy night out. She adds: "I certainly don't regret it now. But the fact there was a chemistry between us and that we knew each other for a while was why it happened. That's why I'm really comfortable with Joe.

"It's early days and I want to see how things pan out. I don't want to jinx myself by saying too much.
"Before Joe I'd rush into a relationship and think: I' want to marry this person'.

Rocky

"But now I'm comfortable. I'm enjoying not jumping the gun. I'll see where it goes. I'm in no hurry to get married." Sarah's caution is understandable because of a rocky track record with men. She's been linked with Love Island's Calum Best, 25. T4 host Steve Jones, 30, and Mikey Green. 25. of Phixx.

However, things are looking up now the 25-year-old beauty's seeing Joe. But she claims she's not totally smitten—just yet. She adds: "Love? I think you mean lust... When you're first going out with someone, it's not love straight away. Love is something that grows."

Sarah confirms what we'd suspected—she likes fellas for their brains, not their looks. She explains: "You can go out with the best-looking person on the planet and there could be nothing in their head."

Sarah has a reputation as a full-blown party girl, but proving she's perfect as the new face of Ultimo, she dismisses comparisons to Hollywood star Lindsay Lohan, 20.

"No way! Don't compare me to Lindsay I'm nothing like her. For a start I wear knickers!"

The Star Says: Page 6

don't need to buy him a present, he's got mel



HOT BOD: Sarah at Ultimo yesterday and, above, with Starman Joe

Picture: EMPICS

STATE TV GUIDE -

BBC One

6.00 Breakfast (W) (S) 16349631 9.15 Don't Get Done, Get Dom (W) (S) 1152273 10.00 Homes Under The Hammer (R) (W) (S) Followed by BBC News, (W) (S) Weather. 73780 11.00 TO Buy Or Not To Buy With Kristian Digby, (W) (S) 3612

11.00 To Buy Or Not To Buy
With Kristian Digby, (W) (S) 3612
11.30 My Life For Sale (S) Followed
by BBC News, (S) Weather. 1749490
12.15 Bargain Hunt (W) (S) 1772525
1.00 BBC News, (W) (S)
Weather 64032
1.30 Local News, (W) (S) 60382001
1.40 Neighbours Ned discovers
Loris identity. (AD) (W) (S) 90087902
2.05 Doctors (W) (S) 69015761
2.35 Murder, She Wrote The
prospective owner of a radio station
is killed. (R,S) 2271254
3.20 BBC News, Weather, Local
News (W) (S) 8605525
3.25 CBBC: Jakers! (R) (W) (S)
4857902 3.50 Watch My Chops (R)
(W) (S) 3593032 4.05 SMart (R)

4857902 3.50 Watch My Chops (R) (W) (S) 3593032 4.05 SMart (R) (W) (S) 1572457 4.30 Jackanory (W) (S) 6854273 4.45 The Fairly OddParents (R) (W) (S) 6859728 5.00 Blue Peter (W) (S) 1287964 5.25 Newsround (W) (S) 5713167 5.35 Neighbours Lyn disposes of Paul's gun. (AD) (R) (W) (S) 743728 6.00 BBC News, (S) Weather 457 6.30 Local News Programmes, (W) (S) Weather 709

BBC Two

7.00 CBBC: Batfink (R) (SL) (W) (S) 3218490 7.15 WITCH (R) (SL) (W) (S) 4014902 7.46 Fergus McPhall (W) (S) 7058612 8.05 Serious Arctic (R) (W) (S) 792845 8.30 CBeebles: The Koala Brothers (R) (W) (S) 7321896 8.40 Undergrund Ernie (R) (W) (S) (R) (W) (S) 7321896 8.40
Underground Emie (R) (W) (S) 2438341 8.55 Brum (R) (W) (S) 7333631 9.05 Balamory (AD) (R) (W) (S) Followed by Pingu. (R) 5248693 9.30 Doodle Do (R) (W) (S) 2662708 9.50 Step Inside (R) (W) (S) 4086051 10.00 Barnaby Bear (AD) (R) (W) (S) 7954322 10.15 Our Planet (R) (S) 7977273 10.30 Around The World In 80 Treasures (R) (W) (S) 66278

10.30 Around The World in 80 Treasures (R) (W) (S) 68728 11.30 The Daily Politics Andrew Neil presents. (W) (S) 57591438 1.45 Working Lunch (S) 987544 2.15 Sun, Sea And Bargain Spotting From the French town of Reims. (R) (W) (S) 397167 3.15 Castle In The Country John Craven visits Klimartin. (S) 975709 3.45 Flog It! (W) (S) 4149254 4.30 Ready, Steady, Cook With James Martin. (W) (S) 7167964 5.15 Weakest Link Fast-paced quiz show. (W) (S) 1667815 6.00 Nature's Calendar Chris Packham presents. (W) (S) 159

Packham presents. (W) (S) 159
6.30 Strictly Come Dancing – It
Takes Two (W) (S) 821

Channel 4

Inuk (B) 2169322 6.10

Inuk (R) 2169322 The Hoobs (AD) (R,S) 5738780 The Hoobs (AD) (R,S) 9234877 Freshly Squeezed 4093419 Friends (AD) (R,S) 4096506 Everybody Loves Raymond

merican comedy. (R,S) 7168709 Will & Grace (R,S) 7918070 Frasier (R,S) 7625896 Frasier (R,S) 5245506 8.20

9,20 9.50 ER (R,S) 8548525 10.40 ER (R,S) 6627457

11.30 King Of The Hill An insurance

11.30 King Of The Hill An insurance representative visits the house. With the voice of Mike Judge. (R,S) 7051 12.00 News At Noon (S) 75709 12.30 Headland (S) 8223457 1.20 Supporting Acts The world of prosthetics. (R,S) 73781902 1.40 Third Watch Lester's daughter is found close to death. (R,S) 2811099 2.35 Third Watch The Yokas family head off in different directions. Kate Jackson stars. (R,S) 5502983 3.30 Countdown With Wendi Peters. Des Lynam presents. (S) 3930438

Des Lynam presents. (S) 3930438 4.15 Deal Or No Deal Cash-based

4.15 Deal Or No Deal Cash-based competition. (S) 7312273
5.00 The New Paul O'Grady Show With Girls Aloud, Des Lynam and Carol Vorderman. (S) 8322
6.00 The Simpsons Marge starts

her own business. (R,S) 167 6.30 Hollyoaks Max tells his stunned wife their marriage is over. (S) 419

Five

6.00 Milkshake! Elmo's World 6.00 Milkshake! Elmo's World
(R,S) 30912212 6.15 Rolie Polie Olie
(R,S) 44969051 6.40 MechalNick
(R,S) 94021544 6.50 Hi-5 (R) (SL)
(S) 40331167 7.20 Franny's Feet
(R,S) 1817148 7.35 Rupert Bear
(R,S) 9822525 7.45 Make Way For
Noddy (R,S) 9802767 8.00 Fifi And
The Flowertots (R,S) 5596506 8.15
Peppa Pig (R,S) 9148235 8.20
Funky Valley (R,S) 95147528 3.00
Thomas & Friends (S) 5475070 8.45
Old Bear Stories (R,S) 5470525
9.00 The Wright Stuff (S) 2555070
10.30 Trisha Goddard With Louise
Van de Velle. (S) 6279186

Van de Velte. (S) 6279186

van de veire. (s) *6279186* **11.30 five news** (s) *2320877* **12.00 Home And Away** Tasha is confronted by Murmma Rose. (AD) (R) (SL) (s) *3791877* **12.30 BrainTeaser** *22588099* **1.35 FILM: White Lie** 1991 (PG) Grifty drama starring Granory Hine

Gritty drama, starring Gregory Hines Annette O'Toole, (S) 23790506 3.40 FILM: Columbo: Last Salute To The Commodore 1976 (12)

To The Commodore 1976 (12)
The shrewd cop investigates a
murder which appears to be an
open-and-shut case. Crime drama,
staming Peter Falk. (S) 1684186
5.30 five news (S) 9693099
6.00 Home And Away Belle is
rushed to hospital. (AD) (S) 9683612
6.30 In The Grid Gameshow.
Followed by Weather. 9674964

5.30 ITV News (S) 54964 6.00 GMTV (W) (S) 8254896

9.25 The Jeremy Kyle Show
Talk show in which host Jeremy
Kyle invites guests to air their
differences. (W) (S) 4387186
10.30 This Morning (W) (S) 81051
12.30 Vanessa's Real Lives
Vanessa Feltz meets people with
amazing true stories, including a man
who has six children by five different
mums, and a woman who describes
her bizarre phobia. (W) (S) 57070
1.30 ITV News (S) 91235
2.00 The Price Is Riight Version

Pasquale hosts an updated version of the gameshow. (W) (S) 7693

2.30 Dickinson's Real Deal

2.30 Dickinson's Real Deal
A Notingham resident takes her
collection of ceramics to Rob
Bingham's table, but turns down his
initial offer of £160. (W) (S) 34983
3.28 Local Weather (S) 8699964
3.30 CITV: Jim Jam & Sunny
(W) (S) 3517612 3.40 Planet Skeltch
(S) 4251235 3.50 Tricky Quickles
(R) (W) (S) 4257419 4.00 Horrid
Henry (W) (S) 4252051 4.15 Bel's
Boys (AD) (W) (S) 493002 4.30
Uncle Dad (W) 772
5.00 The Price Is Right Double bill.
Comedian Joe Pasquale hosts the

Cornectian Joe Pasquale hosts the classic gameshow. (W) (S) 3380
6.00 Local News, (S) Weather 525
6.30 ITV News, (S) Weather 877



REAL STORY WITH FIONA BRUCE: The presenter looks at house prices and inheritance tax,

7.00 Open All Hours Arkwright's day turns into a nightmare. Comedy, starring Ronnie Barker and Lynda Baron. (R,S) 6341

7.30 Real Story With Fiona **Bruce** The presenter looks at how property prices will affect inheritance tax. (W) (S) 693

8.00 Traffic Cops Hampshire's traffic cops deal with incidents occurring between midnight and sunrise. (W) (S) 2761 8.30 DIY SOS Nick Knowles and

the team renovate a room fo Lincolnshire couple Maaike Zaan and John Heather, (W) (S) 1896

9.00 The Brain Hospital When conventional drugs fail to control a young nanny's repeated epileptic seizures. Dr Nick Hirsh opts for an experimental course of treatment, (W) (S) 8273

10.00 BBC News (W) (S) 83728

10.30 Local News, (W) (S) Weather 993506 10.35 The National Lottery Draws (W) (S) 343047

10.40 One Life The story of a transsexual who wants to change back. (R) (W) (S) 364815

11.20 The Richard Dimbleby **Lecture** By General Mike Jackson. (W) (S) Followed by National Lottery Update. *839849*

12.05 FILM: One Way Out 2002 (15) (S) Followed by Weatherview. 941587 1.50 Sign Zone: Planet Earth (AD) (R) (SL) (W) (S) 5268484 2.50 A Child Against All Odds (R) (SL) (W) (S) 5849736 3.50 Digging Deep (AD) (R) (SL) (W) (S) 2994991 4.20 Super Vets (R) (SL) (W) (S) 9279276 4.50-6.00 BBC News 24 (S) 8519465



TORCHWOOD: John Barrowman plays captain Jack Harkness 9pm

7.00 Coast The changing landscape of the coast from the mouth of the Tyne to the Humber Bridge, where the team examine the 200-year struggle to design an unsinkable lifeboat (AD) (R) (W) (S) 9371

8.00 Nigella's Christmas Kitchen New series. A last-minute Christmas cake. (W) (S) 3631
8.30 Oz And James's Big

Wine Adventure Oz Clarke takes James May to the Rhone Valley. (AD) (W) (S) 9438

9.00 Torchwood The team are linked to a spate of murders around the city. Sci-fi thriller,

around the city, Sci-li (nriller, starring John Barrowman.
(AD) (W) (S) 149167
9.50 Two Pints Of Lager
And A Packet Of Crisps
The conflicts between the group conspire to ruin Janet and Jonny's parties. (AD) (R) (W) (S) 946815

10.20 Look Around You (R) (W) (S) 770542 10.30 Newsnight Jeremy Paxman presents a round-up of the day's events. (W) (S) 373438

11.20 This Life Miles' wedding day arrives, and sees the groom having second thoughts, Milly facing a crisis over her illicit affair and Anna struggling to stay sober. Last in series. (R) (W) (S) 134231

12.05 BBC News 24 The latest world news. (S) 852129 2.00 BBC Learning Zone: Schools: Further Education: Skills For Life in Context (S) 44129 4.00 Science Zone: A look at the role of science in the world from plants and animals to the earth and the universe. (S) 79736



DOMESTIC DISTURBANCE: John Travolta stars in the thriller.

7.00 Channel 4 News Including sport and weather. (S) 785341

7.55 3 Minute Wonder: Viva Life On Mars A modern Western. (S) 876090

8.00 10 Years Younger: Christmas Special The team give 37-year-old Jackie Robinson a makeover and hope to put an end to her strange beauty regime of washing her hands in bleach and using household cleaner on her teeth. (S) 8419

9.00 The Secret Millionaire Self-made millionaire John Elliot goes undercover in Kensington, Liverpool, to live on the alent of state benefit and try to find a worthy recipient of some of his fortune. (S) 1983

10.00 FILM: Domestic Disturbance 2001 (12) A divorced father becomes convinced there's something fishy about his ex-wife's new

man. His suspicions are confirmed when his troubled son relates a terrifying tale of murder, prompting the determined dad to resolve to uncover the truth – at any cost. Thriller, starring John Travolta and Ruben Santiago-Hudson. (W) (S) 653877

11.40 Robbie Williams Shorts The results of the singer's challenge to seven new film-makers to create short films based on his latest tracks. (S) 491728

12.30 Hollyoaks: In The City (S) 36587 1.30 The Killing Of JonBenet: An Evil Twist (R,S) 97939 2.30 World Cup Sking 860200 4.20 Goalissimo 2187303 5.15-6.00 Countdown (R,S) 6899668



RANGER DIARIES: Richard Moller hopes to tag a black rhino.

7.00 five news (S) 19075447.15 Game Ranger DiariesRichard Moller and his team stalk black rhino so they can get close enough to dart them with an anaesthetic and tag them. (S) Followed by five news update. (S) 5713099

8.00 Asbo Teen To Beauty Queen The girls prepare a dance and a speech ahead of a pageant in Manchester. Three of the contestants will be eliminated on the strength of their performances. (S) Followed by five news at 9, 3677902

9.00 FILM: Derailed 2002 (15) Secret agent Jean-Claude Van Damme has his birthday celebrations interrupted when he's forced to team up with a sultry cat burglar and leap into action to stop a villain stealing a deadly virus on a high-speed train. However, matters become more complicated when the hero discovers his family are also on board, for a surprise party. Action adventure, co-starring Laura Elena Harring. (S) 72636032

10.45 FILM: Kickboxer 1989 (18) Jean-Claude Van Damme plays a man training to become the ultimate kickboxer, determined to exact revenge on the brutal champion who paralysed his brother during a martial arts contest Martial arts drama, also starring Dennis Alexio and Haskell V Anderson. (S) 15966544

12.35 PartyPoker Aussie Millions 2226858 1.30 NHL Ice Hockey 7185216 4.00 Ironman Triathlon (R) 2102533 4.50 A1 Grand Prix (R) 9435620 5.40-6.00 Motorsport Mundial 26005945

ACTUALLY: Hugh Grant plays the PM in the romantic comedy,

7.00 Emmerdale Laurel tells Emily a secret and Kelly signs Paul up to a dating website (AD) (W) (S) 8709 7.30 Coronation Street

Norris thinks he has caught the graffiti artist in the act. (AD) (W) (S) 761

8.00 The Bill Jack puts pressure on Zain to get a result in his undercover operation but a sting to trap drug dealers Jose Alvarez and Kristen Shaw is halted by the Serious Organised Crime Agency. (AD) (W) (S) 7157

9.00 FILM: Love Actually 2003 (15) Premiere. Romantic comedy following several loosely interlinked characters as they fall in love. While the British prime minister is drawn to a lowly assistant at 10 Downing Street, a heartbroken writer heads for France to get over his relationship. Hugh Grant and Emma Thompson star.

10.30 ITV News Including Local News and Weather. (S) 87544

(AD) (S) 9273

11.00 FILM: Love Actually 2003 (15) Concluded. (AD) (S) 224506

12.10 The Mint Interactive gameshow in which celebrities drop in to chat and play along. (W) 75138991 **4.05** The Jeremy Kyle 75/38891 4.05 The Jeremy Kyle Show: Talk show in which host Jeremy Kyle invites guests to air their differences in front of a studio audience. (R) (SL) (W) (S) 6881216 5.00-5.30 ITV Nightscreen 32194

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

MINON IS &

9.25 Coronation Street Charlie thinks he's figured out Tracy's plans for revenge. (R) (W) (S) 5214815 9.50 Emmerdale (R) (S) 683693 10.20 Montel Williams (R) 9602070 11.03 Judge Judy (R) (S) 9470235 12.30 Coronation Street Jamie struggles with questions about Danny (AD) (R) (W) (S) 94235 1.00 Emmerdale (R) (W) (S) 64070 1.30 Jeremy Kyle (R) (S) 2278631 2.35 Jeremy Kyle (R) 6613438 3.40 Ricki Lake (R) 2112877 4.30 Sally Jessy Raphael

3.40 Ricki Lake (R) 2112877
4.30 Sally Jessy Raphael
US topical chat show. (R) 7060506
5.15 Airline (R) (W) (S) 844490
5.45 Judge Judy (R) (S) 1864167
7.00 The New Adventures Of
Superman Daily Planet offices are
taken over by terrorists. Teri Hatcher
and Dean Cain star. (R) 34902
800 Navay 911 The experte tackle

and Dean Cain star. (R) 34902
8.00 Nanny 911 The experts tackle
a pair of American police officers
who spend their days dealing with
trouble-makers on the streets of New
York – but find keeping order at
home much harder. (W) 10322
9.00 Driving Mum And Dad Mad
Claire Halsey visits one of the

Claire Halsey visits one of the families at home. (R) (W) (S) 30186 10.00 FILM: Daylight 1996 (12)

10.00 FILM: Daylight 1996 (12)
Disaster movie starring Sylvester
Stallone as a former emergency
worker leading a group of survivors
to safety from the collapsed New
Jersey Tunnel. (W) (S) 87841896
12.15 Corronation Street (AD) (R)
(W) (S) 871552 12.45 FILM:
American Pie: The Wedding 2003
(15) Cornedy sequel, starring Jason
Diggs. (W) (S) 185129 2.35 Playdate:
ITV Play (W) 3772465 4.00
Playalong: ITV Play 73649

ITV3

5.20 ITV3 Nightscreen 6634457 5.20 ITV3 Nightscreen 6634457 6.00 Survival (R) 2814099 6.50 Film File 70224896 7.00 Peak Practice (R) 6088728 8.00 Ironside (R) 6089457 9.00 Rockford Files (R) 2398815 10.05 Faith In The Future Lynda Pollinschure stem (P) 6654438

Bellingham stars. (R) 5058438 10.35 Faith In The Future Faith

agonises over an invite. (R) 94781273
11.05 Rumpole Of The Bailey
Courtroom drama. (R) 5987693
12.15 Agatha Christie's Poirot

Detective drama. (R) 2611964

1.20 Agatha Christie's Poirot

1.20 Agatha Christie's Poirot
Detective drama. (R) 7130148
2.30 Ironside (R) 4452235
3.30 No Job For A Lady Jean buys
drugs to make a point. (R) 6359877
4.00 Rockford Files (R) 1364032
5.05 Peak Practice (R) 4201612
6.15 No Job For A Lady Jean buys
drugs to make a point. (R) 9326902
6.45 Rumpole Of The Balley
Courtroom drama (R) 6706186

Courtroom drama. (R) 6706186

7.50 Bramwell A terminally ill patient makes what appears to be a miracle recovery, forcing Dr Marsham to question some of his most deeply held convictions. (R) 1215490

9.00 Heat Of The Sun A wealthy murder suspect is brunt to death

murder suspect is burn A wealin murder suspect is burn to death. Last in series. (R) 24729490 11.10 Cracker (R) 4430457 12.15 The Bill (R) 6792842 1.20 Chancer (R) 5006674 2.20 Peak Practice (R) 1834484 3.15 Teleshopping 5565200

ITV4

6.00 Miami Vice Part two. A mobste is looking for blood. (R) (S) 77942902

7.00 The Saint A former monarch enlists Templar's help. (R) 50631457

8.00 Police, Camera, Action!

Two officers come under attack (R) (S) 85931490

8.30 LAPD: Life On The Beat 8.30 LAPD: Life On The Beat Hard-edged documentary following officers going about their daily duties. (R) 85950525
 9.00 American Gothic Lucas angers a radio host. Drama, starring Gary Cole. (R) 50620341
 10.00 Vincent A concerned wife onliefs Vincent's below when the

10.00 Vincent A concerned wife enlists Vincent's help when she suspects her husband is being paid to take the rap for a murder. (R) (W) (8) 8632/1051
11.30 World Poker Tour 78493235
1.20 Police, Camera, Action! (R) (S) 43807484 1.50 Miami Vice (R) (S) 33449465 2.50 The Inside (R) 90017/1073 40 Telephopping 99917197 **3.40** Teleshopping 39442007 **5.40** Nightscreen 4136324



CORONATION STREET: ITV1, 7.30pm

WHAT'S HOT TO WATCH TODAY

WHATEVER'S currently going on in the polluted mind of CORONATION STREET'S Tracy Barlow, she's doing a fine job of winding up her scumbag boyfriend Charlie.

As I think we've all twigged by now, Tracy has ultimately got something darker and way more sinister in mind for the cocky, cheating toerag (although in terms of her actual long-term strategy and specifics, she's clearly still making it up as she goes along), so tonight (ITV1, 7.30pm) she's happy to give him the impression she's stopped playing her crazy, warped little games.

Charlie quits humouring her and warns ominously: "Don't push me, Trace."
Charlie's sidekick Jason, meanwhile, has given up trying to make the slightest sense of all this. "What do you call it when you go out with a mental case?" he asks his boss. "Oh, yeah – a 'frosty relationship'."
Meanwhile, Norris's one-man vigilante squad looks as it it's finally apprehended its Public Enemy No.1, in the shape of the phantom graffiti artist that's been daubling the front of the Kabin. "This is a citizen's arrest," he declares, as he leaps out and grabs the culprit.

ALSO on ITV1 tonight there's a bit of a let-down for Dan and Will in THE BILL (ITV1, 8pm), after they dash to a scene where they 've been told a naked woman is tied to a tree.

AND over on BBC1, there's the final part of THE BRAIN HOSPITAL (9pm), this time focusing on the case of a woman undergoing experimental treatment for epilepsy. Kate Weston's repeated seizures have come perilously close to claiming her life and the doctor's final hope is a radical new technique while effectively means switching off the electrical activity in her brain.

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

*****Don't miss it ****Good ***Average
**Time filler *Garbage!

WHITE LIE (TVM, 1991) *** Five 1.35-3.40pm. Drama. Black New York politician Gregory Hines learns the harsh facts about racial prejudice when he travels back to his home town after he learns that his father was lynched in the South 30 years previously. Also starring Annette O'Toole and Tim Black.

starring Annette O'Toole and Tim Black.

COLUMBO: LAST SALUTE TO THE
COMMODORE (TVM, 1976) **** Five
3.40-5.30pm. Mystery movie. Dishevelled
detective Peter Falk has to think again when
the prime suspect in the death of a yachtbuilding empire is found murdered.

LOVE ACTUALLY (2003) **** TV
9.00pm-12.10am. (inc. news) Romantic
comedy. The experiences of a variety of
characters, including the British Prime Minister,
played by Hugh Grant, as they fall in love. Also
starring Alan Rickman Emma Thompson, Colin
Firth, Bill Nighy and Liam Neeson.

DERAILED (2002) *** Five 9.0010.45pm. Action thriller. Secret agent
Jean-Claude Van Damme's birthday takes a
dangerous turn when he teams up with a cat
burglar to prevent a villain from stealing a
deadly virus on a high-speed train. Also
starring Laura Elena Harring, Tomas Arana and
Kristopher Van Varenberg.

DOMESTIC DISTURBANCE (2001) ***

Kristopher Van Varenberg.

DOMESTIC DISTURBANCE (2001) ***
C4 10.00-11.40pm. Thriller. Divorced father John Travolla has to turn detective when his fears that his former wife's new husband is not all he seems are confirmed after his troubled son tells him a stark story of murder. Also starring Vince Vaughan, Teri Polo and James Lashley. and James Lashley

KICKBOXER (1989) *** Five 10.45 pm 12.35am. Action-adventure. Jean-Claude Van Damme who is training to be an ace kickboxer turns nasty when he sets out to wreak violent vengeance on the brutal champion who paralysed his brother in a martial arts contest. Also starring Dennis Alexio and Haskell V Anderson.

ONE WAY OUT (2002) *** BBC1 12.051.50am. Thriller. Washed up homicide detective James Belushi is blackmailed into taking part in a murder but things go pear-shaped after he is assigned to investigate the same case. With Angela Featherstone.

REGIONAL VARIATIONS

BBC1 Variations WALES: **1.30** Local News *60382001* **3.20** BBC News, Weather; Local News *8605525* **6.30** Local News *709* **7.00** Iolo's Welsh Satar *634* **17.30** Coming Home *693* **10.30** Local News; Weather *983506*

BBC2 Variations WALES: 11.30 Am.pm 2983 12.00 The Daily

BBC2 Variations WALES: 11.30 Am.pm 2983 12.00 The Daily Politics 399839 11 VI Variations IV1 ANGLIA: 3.28 Anglia Weather 8699984 6.00 Local News 525 IV1 GENTRAL: 3.28 Local Weether 8699984 6.00 Local News 525 IV1 MERIDIAN: 3.28 Meridian 8699984 6.00 Local News 525 IV1 MERIDIAN: 3.28 Meridian 8699984 6.00 Local News 525 IV1 MERIDIAN: 3.28 Meridian 8699984 6.00 Local News 525 IV1 MERIDIAN: 3.28 Meridian 8699984 6.00 Local News 525 IV1 WEATHER 8699984 6.00 Local News 525 IV1 WALES: 3.28 IV1 Weather 8699984 6.00 Local News 525 IV1 WEATHER 8699984 6.00 Local News 5



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DAILY STAR, Wednesday, December 6, 2006

MATT BA

...ON LAST NIGHT'S T

AN estate agent once showed me round a flat. But he was so young he must have been bunking off physics.
"Is the owner open to offers?" I asked. "I don't know," he replied. "How long is left on the lease?" I enquired. "Erm..." he answered, scratching his head.
We went on like that for 10 minutes until, furnished with precisely none of the infor-

furnished with precisely none of the information I needed, I decided to go. Just as I walked down the drive, he called me back. "It's got dry rot," he announced proudly, "I become the decided with the decided with the sum of the su

know that."
It's unlikely that any estate agents will be taking part in ITV1's CONFESSIONS series, in which professionals from all walks of life confess to their worst muck-ups on the job.

Also not featuring, we hope, will be the surgeons, the airline pilots and the undercover intelligence operatives.

It was bad enough listening to a selection

of hairdressers, who within half-an-hour's worth of gossipy anecdotage, probably did more damage to their profession than a plague of lice

plague of lice.

Horrifying

"Most hairdressers can do one haircut," confided larger-than-life hairdresser-turned-comedian Ricky Grover. "Mine was a Lady Di. That's what they got – men, women, children." Having long suspected that every barber in London learnt his craft shaving the heads of recruits in the Turkish Army,

this was not a great surprise to me. Far more horrifying was the tale of the hairdresser who, having given a lady a wonky haircut, told her that it just looked like that because her neck was crooked.

This was quite funny, but rather like an evening in your local wine bar with a crowd of boozed-up beauticlans, the stories became progressively less amusing as time went on.

progressively less amusing as time went on. Grimmest of all was the man who claimed that some of his more upmarket clients snubbed him because of his Cockney accent.

His revenge involved urinating on a lady's hair – a tale which led us to suspect that the clients may have had a bit of a point. This show, meanwhile, doesn't have one at all – but that probably won't stop us watching it.

FILMS

SKY MOVIES 1

6.50am Project: ALF (1996) (PG) Comedy, with Miguel Ferrer. 86658780 8.25 A Very Married Christmas (2004) (PG) Seasonal fantasy, starring Joe Mantegna. 97363167 10.00 Ice Bound (2003) (PG) Drama,

starring Susan Sarandon. 48099 11.30 Victim Of Love (1993) (PG) Fact-based drama, with Dwight Schultz. 16207902

1.10pm A Very Married Christmas (2004) (PG) Seasonal fantasy, starring Seasonal fantasy, starring 1. 19213235

Joe Mantegna. 19213235
2.45 Speed 2: Cruise Control
(1997) (PG) Adventure sequel, starring 4.55 Ice Bound (2003) (PG) Drama.

6.25 Victim Of Love (1993) (PG)
Fact hased drama, with Dwight Schultz

8.00 AVP: Alien Vs Predator (2004) (15) Sci-fi thriller, starring Sanaa Lathan.

10.00 Speed 2: Cruise Control (1997) (PG) Adventure sequel, star Sandra Bullock, 63366815

oanura Bullock. 63366815

12.10am The Ladykillers (2004)
(15) Comedy, with Torn Hanks. 701115 15) Comedy, with Tom Hanks. 791115 .10 Ice (1998) (12) Thriller, starring

Grant Show. 317533 3.55 Darkman II: The Return Of Durant (1994) (18) Horror sequel, starring Larry Drake. 440216

5.30-6.00 Sky Movies News The

SKY MOVIES 2

7.00am Jackie, Ethel And Joan: The Women Of Camelot 33071815 8.45 Camp Nowhere (1994) (PG) Comedy. 764821 **10.45 The Polar Express (2004)**

(U) Animation. 364065 12.45pm Nurses On The Line: The Crash Of Flight 7 (1993) (PG)

Drama. 52940273
2.30 Jackie, Ethel And Joan: The Women Of Camelot 54490
4.00 Camp Nowhere (1994) (PG) Family comedy, with Christopher Lloyd.

5.45 UK Top 10 365099 6.00 The Polar Express (2004) (U)

Animated adventure. 80167
8.00 Elektra (2005) (12) Comic-book adventure, with Jennifer Garner. 33525544
9.40 Deuce Bigalow: European
Gigolo (2005) (15) Comedy sequel, starring Rob Schneider. 912544
11.25 Chain Reaction (1996) (12)
Hiller string Koppu Deopon 545410

Thriller, starring Keanu Reeves. 545419
1.15am Tupac: Resurrection
(2004) (15) Documentary. 796804
3.10 Grosse Pointe Blank (1997) (15) Comedy. 811674

5.00 6.50 Nurses On The Line: The Crash Of Flight 7 (1993) (PG)

SKY CINEMA 1

6.00am On The Beach (1959) (PG) Drama. 95339815 8.25 The Mark Of Zorro (1940) (U) Adventure. 98552815 10.10 Clambake (1967) (U) Drama.

75497273 **12.00noon On The Beach (1959)** (PG) Drama. 52696167 2.25 Young Mr Lincoln (1939) (U)

Drama. 7405983 **4.20 The Mark Of Zorro (1940) (U)**

Swashbuckling adventure, starring Tyron Power. 31679902 **6.10 Clambake (1967) (U)** Musical,

with Elvis Presley. 75943273 8.00 House Of Flying Daggers (2004) (15) Martial arts adventure, starring Zhang Ziyi. 6579761 10.00 Ong-Bak (2005) (18) Martial

7471525 **12.00**midnight The Cold Light Of Day (1995) (15) Thriller. 8375303 1.45 Irma La Douce (1963) (15)

151587 4.15 6.00 Young Mr Lincoln (1939) (U) Drama. 5118571

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10.00 6-05-11.00 Antia Anant. 1.00-5.00 Up All Night. Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00 Christian CConnell's Breakfast Show. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Ben Jones. 10.00 The Geoff Show 1.00 Greg Burns. 4.00 John Osborne.

SPORT SKY SPORTS 1

6.00am World Pool League 96849 7.00
WWE: Heat 22438 8.00 Football Special
57761 9.30 Football Asia 85269 10.00
Acrobics Oz Style 41631 10.30 Poker Million
70983 12.30pm Football Special 92070 2.00
Poker Million 13419 4.00 Football Special
17983 5.30 World Of Golf 24032
6.30 European Tour Weekly 3167
7.00 Soccer Special News and results
from tonight's matches. 645254 10.00
Football Special Newcastle United v
Reading and West Ham United v Wigan
Athletic. 51815 11.30 Transworld Sport
Action and features from around the globe. Action and features from around the globe 12186 **12.30am** J League Weekly 14113 **1.00** Poker Million 72769 **3.00** Football Special 43295

SKY SPORTS 2

6.00am Aerobics Oz Style 3418693 6.30
Shift Adventure Snowriders 9048631 7.00
Aerobics Oz Style 3468148 7.30 Shift
Adventure Snowriders 3470938 8.00 Sports
Unlimited 3344032 9.00 Shift Adventure
Snowriders 6618168 9.30 360 Surfing
2229525 10.00 World Pool League 3476167
11.00 International Bowls 7602254 1.00pm
The Dogs 3467419 1.30 Champions League 5126506
2.30 Champions League 5782186 3.00
Champions League 5782186 3.00
Champions League 5188341 3.30 Champions

League 6787631 4.00 UEFA Champions League 6773438 4.30 UEFA Champions League 6762322 5.00 UEFA Champions League 5140186 5.30 J League Weekly 6786902 6.00 Live UEFA Champions League Manchester United v Benfica (Kick-off 7.45pm). 4637490 11.00 World Of Golf The latest news from across the globe. 3477896 **12.00midnight** European Tour Weekly 3318649 **12.30** Watersports World 2952552 **1.30** Transworld Sport 1028552

SKY SPORTS 3

10.00am Show Jumping 57456631 11.00
Racing News 44685051 11.30 Aerobics Oz
Style 44686780 12.00noom Sports Unlimited
4751506 1.00 World Pool League 6476242
2.00 Shift Adventure Snowriders 15555964
2.30 380 Surfing 78052188 3.00 Sports
Unlimited 44697886 4.00 Show Jumping
44609631 5.00 WWE: Bottom Line
15558051 6.00 WWE: Bottom Line
15558051 6.00 WWE: Atterburn 64740490
7.00 World Of Golf The latest news from
across the globe. 14162490 8.00 Ten Pin
Bowling The 2006 Weber Cup. 14188438
9.00 European Tour Woekfly The latest
news from the golf circuit, 44605815 news from the golf circuit. 44605815

9.30 Extreme Championship Wrestling Action from the December To Dismember event. 22390099 12.30am FEI Equestrian World 95021858 1.00 Show Jumping 20932026 2.00 Yachting 72965007 2.30 Ten Pin Bowling 27760197

SKY ONE

6.00am Taste 7.00 Pokemor Advanced Challenge 7.30 Yu-Gi-Oh! 8.00 Malcolm In The Middle 8.30 Malcolm In The Middle 9.00 Angel 10.00 Law & Order 11.00 Cold Case Moon Buffy 1.00 Accel 2.00 Cold Case 10.00 Law & Order 11.00 Cold Case Noon Buffy 1.00 Angel 2.00 Cold Case 3.00 Buffy 4.00 Stargate SG-1 5.00 Stargate SG-1 5.00 Stargate SG-1 5.00 Malcolm In The Middle 6.30 Malcolm In The Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate SG-1 9.00 Stargate Allamits 10.00 Lost 11.00 Law & Order Midnight Popcorn 12.30 Stargate 1.30 Mile High 2.25 Football Years 3.20 Britain Fardest 4.15 Taste 5.10 Dream Team

BBC THREE

7.00pm House Of Tiny Tearaways 8.00 The Real Hustle 8.30 The Real Hustle 9.00 The Add Stone Teenager

10.00 F*** Off, I'm Fat 11.00 Pulling

11.30 Two Pints Of Lager And A

Packet Of Crisps Midnight Two Pints

Of Lager And A Packet Of Crisps

12.30 Ideal 1.00 The Indestructibles 1.30 Electric Proms: Kasabian 2.15
Two Pints Of Lager And A Packet Of
Crisps 2.45 Two Pints Of Lager...
3.15 The Indestructibles 3.45 Grime Scene Investigation

BBC FOUR

7.00pm How To Be Science Fiction 8.00 The World 8.30 Valley Of Song 9.00 Return To Lonesome Dove 10.30 Don't Watch That, Watch This! 11.00 How To Be Science Fiction 12.00midnight The Cinema Show 1.00 Don't Watch That, Watch This! 1.30 Valley Of Song 2.00 How To Be Science Fiction 3.00 Don't Watch That, Watch This! 3.30 Valley Of Song

E4

6,00am Music: Uninterrupted 7,30 Wake Up With Scissor Sisters 8.30 Whatever You Want 11.00 Nothing But Siblings Noon E4 Music: But Sällings Noon E4 Music: Uninterrupted 1.00 Freshly Squeezed Extra 2.00 Scrubs 3.00 Young, Sexy And Rich 4.00 Switched 4.30 Hollyoaks 5.00 Friends 6.00 Scrubs 7.00 Hollyoaks 7.30 Switched 8.00 Friends 9.00 Desperate Housewives 10.00 Angels 1.45 Desperate Housewives 2.25 Desperate Housewives 2.25 Desperate Housewives 3.05 No Angels 4.05 Young, Sexy And Rich 4.45 Switched 5.10 Switched 5.30 Switched

MORE4

10.45am A Place In The Sun 11.15 Countdown **12.05pm** Deal Or No Deal **12.55** Hill Street Blues **2.00** Film: World For Ransom (1954) (PG) 3.30 Thirtysomething 4.30 Film: Apache (1954) (U) 6.05 Deal Or No Deal 7.00 Grand Designs Abroad 8.00 News 8.30 Jon Stewart 9.00 30 Days 10.00 100% English 11.00 Starkey's Last Word 11.35 Jon Stewart 12.05am Thirtysomething 1.00 A Place In The Sun

televisionX (SKY 903)

10.00pm Freeview 10.10 Slingers 10.30 Eurochicks 10.35 B*** Rider 11.00 Freeview 11.10 B**** Rider 11.15 A*** Teens 11.30 The Omar 11.15 A*** Teens 11.30 The Omar Show 11.45 Glamour S**** Midnight Freeview 12.10 Glamour S**** 12.15 Amsterdam Central 12.30 Ben Dover 12.50 Bad A** Black Babes 1.10 Twin Cheeks 1.25 C*** Crazy 1.45 Action Time 1.50 Finally Legal 4 3.00 Erotic NZ









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WRAP: SKY'S CRA

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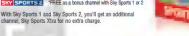


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prior to Dirishmes. Ron-strandard installs may experience longer lead times.

Temes A Conditiones: "Uscall do not not under cell a mission of the cell rates lest up to an hour, after which 0.8 per minute rates apply, or you can have go and redial as often as you like. Christmes installation may be subject to evaluability days. "By Subscribe to law Sy Dipidal package from 15 - 62.5.0. Minimum Sy dipidal Sys; subscription 15 - 62.5.0. Minimum Sys dipidal Sys; subscr





SUTION IS NO



She's too hot for me

I'VE bitten off more than I can chew with my girlfriend.

I love sex as much as the next guy but she is insatiable.
She is always gagging for sex — as soon as I come in from work, and before I can even get my coat off she's throwing me against the stairs and impaling herself.
There's no kissing or tenderness and not a lot of foreplay — just pure

tenderness and not a lot of foreplay – just pure sex. Then if I'm having a quick shower she'll join me and expect more sex.

The kitchen table, on the way back from the pub, in the car ... she's always groping me or shoving my hand up her skirt or in her top.

Glimpse

She'il do a Sharon Stone when friends are round, and even if my parents are visiting. I'd die if my dad, or worse mum, got a glimpse. It was fun at first but now after three years of living together she has not calmed down and if anything she's got more randy.

I'm exhausted.

JANE SAYS: I'm sure JANE SAYS: I'M SUre she thinks she's being all woman, but it sounds like there's no love in her love making and she doesn't seem to be tuned in to the intimate

You really need to talk seriously and come up with a compromise. For a start she's got to

For a start she's got to wear undies when your parents come round — it's unfair of her to put you in a possibly embarrassing situation. Tell her you are more than happy to do what she wants as long as she compromises and

sne compromises and listens to your needs.

THREATS ARE HELL **FOR PREGNANT NEW GIRLFRIEN**

AFTER living with my bitchy, nasty, money-grabbing ex for two miserable years, I start-ed to have an affair with a girl I work with.

I know that I should have left my ex first, but it just happened.

happened.

And although I was planning to leave and was already secretly looking about for a flat to rent, my lover got pregnant.

We'd been seeing each other for only five months, so it wasn't ideal. But I had been waiting for the right time to tell my ex I was leaving and wanted to have somewhere else to live lined up first.

Then my ex suddenly found out from my best mate's girlfriend, who thought she should know, and she chucked me out.

Abuse

That was six months ago – and I'm now happily living with my lover in a flat. We're very excited about the baby, who is due in February

February.

The problem is the attitude of my ex and her friends and family. We can't go anywhere without one of them turning up and shouting abuse at us in the street, in shops

or in the pub.
It's clear that my ex has made up It's clear that my ex has made up a load of nasty lies about me, accusing me of hitting her, raping her and trying to control her. I'm just not like that – as her friends and family know full well—

but it doesn't stop them giving us

all this grief. We've had eggs chucked at us as

we walk down the street and my car has been scratched down the side with a key.
We've also had abusive phone calls, threatening us and our unborn baby.
Although I don't think they'd actually do anything to harm us physically, I'm worried about the effect this is having on my girlfriend.

friend.

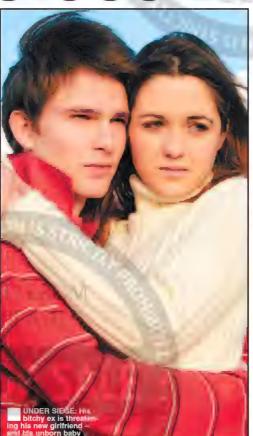
It's wearing us both down, but is especially tough on my girifriend during her pregnancy. What should I do about my ex and her family and pals?

JANE SAYS: This nasty cow didn't treat you right when you were together, so it's no surprise she's bet are apart.

she's behaving like this now you are apart.
Yes, you did behave badly by cheating on her and then getting your girlfriend pregnant.
But that was months ago and you certainly don't deserve this public shaming every time you step out.
I suggest that you write your ex a letter - keep a copy - explaining that if she, her friends and family don't stop behaving like this, you'll take the matter further. Tell her to inform the people who are abusing you what you intend to do. If she doesn't and they carry on, visit your local citizens Advice Centre and contact the police.

tact the police.
Your ex's gang have caused criminal damage to your car and have physically threatened you.

Although you know it's them, you can't actually prove they are behind it. So alerting the police would be a sensible step.



WHEN I first started going out with my girlfriend, she was refreshingly different from anyone else I'd ever met. She was fun and laid-back, and a lovely person. But there was a sad side to her. She told me her mum had died five years before, she hadn't seen her dad for years and she was an only child. We've been seeing each other for six months and it's been great. But a few weeks ago I knocked over her handbag and, as I was putting her stuff back, I spotted a postcard. spotted a postcard.

Accuse

It was from her num, saying that she, my girfriend's dad and two sisters were having a lovely time in Spain, and it was dated the previous week

ous week.

I haven't quizzed
her about it because
I don't know how to.
I now don't believe a
word she says.

JANE SAYS: Admit you found the post-card and ask for an explanation.

explanation.
She'll accuse you of snooping, but she has been lying and that is really far worse.
If she admits she has

If she admits she has parents and sisters, you have to ask your-self why she felt she needed to lie to you. Maybe she thought a tragic past made her more vulnerable and attractive to you. But you need to find out.

0906 751 3140

0906 751 3141

0906 751 3142

0906 751 3143

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0906 751 3151

0906 751 3152

0906 751 3153

0906 751 3154

0906 751 3155

0906 751 3156

0906 751 3157

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

want to cut off is nasty thing

MY 35-year-old balding, plump husband has grown a pony-

II. It looks absolutely pathetic, especially as he plaits it and

It looks do do the lice in the store it's now about nine inches long.

I've seen people laughing at him in the street behind his back and despite our kids telling him how embarrassed it

back and despite our kids refining him now enhances see it makes them he is proud of it.

He thinks it makes him look younger, but it's like a rat's tail and he just looks stupid.

I know he doesn't want to get old, but none of us do. He's a lovely guy – how can I convince him it's time for the snip?

JANE SAYS: Your husband is suffering from a mid-life crisis and is clinging to what he mistakenly believes is his hair!

OK, it is his hair, but it's not exactly a full head, is it?
You've got to be sympathetic and just let him do what

he wants.
Perhaps a strategically placed photo showing him
what he looks like from behind may persuade him that
his rat's tail isn't as attractive as he thinks it is.

0 Day three









CONTINUES TOMORROW

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Aries

(Mar 21-Apr 20)

EMOTIONALLY, you have come out of a rut. But love is hard work – though you do enjoy a challenge. Your ruler Mars enters Sagittarius, and a new pursuit will make you more passionate about life. However, it's your heart that is touched today. To see why you must handle your feelings carefully at the moment, call... Sagittarius.

To receive daily texts send DSARI to 85100

0906 751 5771 (01)

Taurus

THERE may be some domestic details to sort out. It can't be easy floating between two homes. However, you could get an offer which doesn't require a bridging loan. In fact, the price may be cut especially for you today. Now what do you do? To see why you have a big incentive to stay with someone, call...

To receive daily texts send DSTAU to 85100

0906 751 5771 (02) *

Gemini

(May 22-June 22)

YOU may have been held back in a way you never imagined. Now, however, you are quite happy to alter your plans, and there should be some constructive dialogue today. What others are telling you is important, no matter how it sounds. You'll soon take what they say on board. To understand what's happening, call...

To receive daily texts send DSGEM to 85100

0906 751 5771 (03) *

Cancer

(June 23-July 23)

CERTAIN people may question how much you are investing. How can you make so much money legitimately? But no matter how hard you have to work, there are always perks along the way. What happens today should increase your sense of security. Otherwise, you may as well chuck it all in. To see why you won't lose out again, call...

To receive daily texts send DSCAN to 85100

0906 751 5771 (04) *

Leo

(July 24-Aug 23)

SATURN in Leo turns to stationary motion SALUTIN II LEO turns to stationary motion today, and you should be more at ease with your feelings. You could even be seduced today, But you don't want to get hurt. Even so, this is a reassuring time, and the right person will turn up and give you a hand. To see why your actions at work will be more than welcomed, call...

To receive daily texts send DSLEO to 85100

0906 751 5771 (05) *

Virgo

(Aug 24-Sep 23)

(Oct 24-Nov 22)

YOUR prayers could be answered. But is it what you want? Those at home think so, but you will find it difficult to relax. You will find solace somewhere else. No doubt you will also be intrigued by a move today – though someone may need your help moving. To see why things are definitely on the up, call...

To receive daily texts send DSVIR to 85100 0906 751 5771 (06) *

Libra

(Sep 24-Oct 23)

FRIENDS deserve your attention. But events may force you to focus your attention elsewhere and they are bound to end up upset. You simply can't ignore some important calls today. Things appear light-hearted, but inwardly you might not be smiling. To see why you mustn't cancel an arrangement, call...

To receive daily texts send DSLIB to 85100

0906 751 5771 (07)

Scorpio

YOU seem determined to get what you are owed. But do you want to risk upsetting people? If you want to avoid a confrontation, then you should refrain from discussing business today. Your biggest asset is your charm, regardless of the answer you receive from an important client. To see why you will attract the right opportunity, call...

To receive daily texts send DSSCO to 85100

0906 751 5771 (08) *

Sagittarius (Nov 23-Dec 21)

AS Mars now enters Sagittarius, you should be all fired up today. And yet, even though you may be pursuling one of your goals, you must accept that certain people are still trying to discover themselves and won't contact you. All you have to do is change your approach. To see why anything is possible at the moment, call....

0906 751 5771 (09) *

Capricorn (Dec 22-Jan 20)

To turn down an offer would be a shame.
But you are not soft in the head. You will
have little control over someone's
actions today. They might do something out of the
ordinary just to test you. Don't fall for it – more
opportunities will come your way. To see why you
now know your value, call...

To receive daily texts send DSCAP to 85100

0906 751 5771 (10)

(Feb 20-Mar 20)

Aquarius (Jan 21-Feb 19)

SATURN in Leo turns retrograde today, and even though you and a partner belong together, it's much easier to be friends. However, they may not let you see someone else – unless they give you their permission. Don't feel too bad about telling them to mind their own business. To see why life is so unpredictable, call...

0906 751 5771 (11)

Pisces

A CHALLENGE is worth putting your effort A CHALENGE is worth putting your entor into, even though others aren't very tolerant. On the whole you enjoy your work, and will laugh out loud when you are told what you are doing today. However, there is more important stuff to sort out at home – and you are fully equipped. To see why you are too hard on yourself, call...

send DSPIS to 85100

0906 751 5771 (12) *

*When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the nu next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a 81 landline. Subs Justin's daily texts for 50p per message per day, ge lact DSARI to 85100. You will be sent one new message daily. This is a subscrip will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARISTOP to 85100. For help call 0870 8







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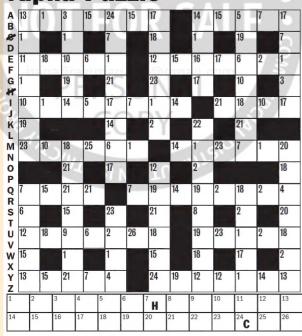








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Alphapuzzle" tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow.

DIFFICULTY: 7/10: TARGET: 22 minutes: CLUE: Deep endless

YESTERDAY'S SOLUTION: Across: Musk, Spyglass Granule, Extra, Banns, Clench, Thwart, Object, Eleven, Madam, Again, Rosette, Keepsake, Zone.

Down: Megabyte, Park, Spawn, Welfare, Quasar, Vines, Preach, Anorak, Glebe, Bernuse, Article, Ditto, Slam (clue), Stampede.

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six extra letters, deduct two minutes for each clue letter heard)

• Alternatively, text DSALPHA to 86100 and we will text the six

xtra letter clues direct to your mobile.

Texts cost £1 plus normal network operator rate

FULL SOLUTION: 0906 751 3121

CHAT PUZZLES ON SALE NOW

Fit five of the seven listed words into the rows in the grid so that the other two words read down the shaded columns.

ALLY

ALTER EGO

AMIGO

BUDDY

CHINA

CHUM

COBBER

COMPADRE

COMRADE

CONFIDANT

CRONY

FAMILIAR

FRIEND

HOMEBOY

MATE

MUCKER

OPPO

PAL

PARTNER

SHADOW

SIDEKICK

SPAR

SUPPORTER

2 3 4 5

AGATE **BROWN** CHASE HURRY KORAN **ROUGH** WARTS

K

D

has been a double agent and can't be found in the

grid. Which one?

SNSHYNORCES

BONEMPCROAFEO

E R M R O O P A D R O B S M E C A M I G O I E G U I

H B I S P E N D D T R Y E

CARIPCYAUTR

ARMOCLENL

MECAMIGOIEGU

OYDDUBPRIM

OBHPTMWERA

CONFIDANTPE

NEIORAILIMA

MUCHIAPARTNE

UPCCRAYLLB

Take two consecutive letters from each word listed, and enter them, in order, into the corresponding row in the grid to form an eight-letter word. Reading down the shaded columns you will

_				- 40	
1	WINE	FRAY	TEAR	EDIT	
2	PAIN	CITE	VIAL	METE	
3	RILE	BASE	COLD	VERY	
4	STOP	LUCK	THIS	SONG	
5	SORE	LIME	TUCK	BODE	
6	CORE	SEAL	VEST	CEDE	
ď					
1					
2					

SUDOKU

D

							177	
	3	7	5	9	4	2	6	ij
	1			_		_	7.	
	6	E	4	-	9	U	1	
D	5	C	DI	3	Г	\E	8	Г
1	9	0	2	- /	8	1	3	Г
	8						9	
П		6	7	1	3	5	4	
				10		7		П

Fill the grid so that every column, row, and 3x3 square includes all the digits from 1 to 9.

YESTERDAY'S SOLUTION

5 9 3	1		3	7 5	2	8	1
9	1		2	5	2	7	_
3	7			-	3	1	6
		1		8	9	5	4
1	9	7	8	2	4	6	3
2	8	6	4	1	5	9	7
7		5	9	3	1	2	8
6	5	3	7	4	8	1	2
4	2	8	1	9	6	3	5
8	3	2	5	6	7	4	9
	7 6 4	7 6 6 5 4 2	7 6 5 6 5 3 4 2 8	7 6 5 9 6 5 3 7 4 2 8 1	7 6 5 9 3 6 5 3 7 4 4 2 8 1 9	7 6 5 9 3 1 6 5 3 7 4 8 4 2 8 1 9 6	7 6 5 9 3 1 2 6 5 3 7 4 8 1 4 2 8 1 9 6 3

Extra clues: 0906 751 3123 Today's solution: 0906 751 3124 Calls 75p/min 87 landlin from 87 landlin

YESTERDAY'S SOLUTIONS

CHAIN LINK



Call 0906 751 3125 for today's solution. Calls cost 75p per minute from a BT landline

- CRYPTIC CLUES
 ACROSS

 1 Aunt set for treatment for disease (7)
 5 Sit here in club?
 Enchanting! (5)
 8 It'll stop you where you order a drink (3)
 9 Is it delivered in armoured vehicle? (4,5)
 10 Seized by terrible cad, he was in pain (5)
 11 I'm put back in box by medicine man (7)
 13 Drink, decisively put an end to things (6)
 14 Not moving gets bad reception (6)
- 14 Not moving gets had reception (6)
 17 Record of socialist bureaucracy? (3-4)
 19 I'm stuck in way across sea inlet (5)
 21 What on earth is at the top?

- 21 What on each is a consistency (5,4)
 23 Show your disapproval of book don't finish it! (3)
 24 Moved slowly forward like a sharp sword? (5)

- 25 Sky-high alarm for outbreak of trouble? (5-2)
 DOWN
 1 First-class piece pulled up is

- 1 First-class piece pulled up is a bone (5)
 2 Spin-off, is a confused Doctor Who (9)
 3 I'd no mac, wandering like a gypsy (7)
 4 Make changes as on telephone board (6)
 5 Bankrupt after a crash? (5)
 6 Land not consciously known by any of us? (3)
 7 Unorthodox believer makes her quote back (7)
 12 Struggling with changing of tin to Russian money! (2,7)
 13 Unusual street to wander over (7)
- dure (3-4)
 16 The French dandy will be acquitted (3,3)
 18 Some chap hid garden pest (5)
 20 Sag in rod spoilt operation (5)
 24 Bordered (5)
 25 Saddon burst (6)
 - 18 Some chap hid garden pest
 (5)
 20 Sag in rod spoilt operation
 (5)
 22 Some of your ugliest floorcovering (3)
 QUICK CLUES
 ACROSS
 1 Lockjaw (7)
 5 Long wooden seat (5)
 8 Drink's counter (3)
 9 Postal shopping (4,5)
 10 Was in pain (5)
 11 Pharmacist (7)
 13 To put an end to (6)
 14 Stationary (6)

YESTERDAY'S SOLUTION: ACROSS - 1 Double-cross, 7 Tag, 9 Speculate, 10 Stiff, 11 Death, 14 Node, 15 Rear, 16 Neptune, 17 Espy, 19 Limb, 20 Nasty, 23 Ideas, 26 Houseboat, 27 Hut, 28 Over the moon. DOWN - 1 Dispense with, 2 Uses, 3 Louse, 4 Coast, 5 Owes, 6 Strive, 8 Go for a Burton, 11 Deny, 12 Aspen, 13 Hours, 15 Rely, 18 Presto, 21 Adult, 22 Theme, 24 Shoe, 25 Logo.

- 24 Bordered (5)
 25 Sudden burst of emotion or violence (5-2)
 DOWN
 1 Leg bone (5)
 2 Recent Doctor Who spin-off
- series (9) 3 Wandering (7)

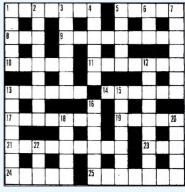
- 3 wandering (7)
 4 Exchange, swap (6)
 5 Bankrupt (5)
 6 Bob head in agreement (3)
 7 Person with unorthodox beliefs (7)
- beliefs (7)
 12 Needing help, in a mess (2,7)
 13 Peculiar (7)
 15 Lustrous fabric (7)
 16 Acquit (3,3)
 18 Plant louse (5)

- 20 Sag (5) 22 Mat (3)

15 Shiny stuff Welshman ate up (7)
16 The French dandy will be 19 Norwegian sea loch (5)

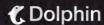
17 Official bureaucratic procedure (3-4)
19 Norwegian sea loch (5)

Two sets of clues but the answers are the same ANSWERS TOMORROW



ooks Vols 4, 5, 6, 7, 9 and 10, The Puzzler Books of Crosswords Vols 1-4 and The Puzzler ble to The Daily Star Bookshop, PO Box 200, Falmouth TR11 4WJ or telephone 0871 521

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